

JERSEY SHORE SEAFOOD RECIPES



SCALLOPS WITH LINGUINE AND SPINACH

2-3	Tablespoons olive oil	1	teaspoon salt
1½	cups, onion finely chopped	1	teaspoon black pepper
2	Tablespoons minced garlic	1	pound linguine
¼	teaspoon cayenne pepper	1	10-ounce package frozen, chopped spinach, thawed and drained
1	cup red bell pepper, slivered	½	cup feta cheese, coarsely chopped
½	cup freshly squeezed lemon juice	1½	pounds previously cooked scallops
1	Tablespoon brown sugar		
1	Tablespoon lemon zest, minced		

Heat oil in 12 inch heavy skillet on medium-low heat until hot. Add onion, garlic, cayenne and bell pepper, cook uncovered until tender about 10 minutes. Add lemon juice, brown sugar, zest, salt and pepper; heat one minute.

While preparing onion/pepper mixture, bring a large pot of water to a boil; salt to taste. Cook pasta until tender, 8-10 minutes. About one minute before pasta is cooked, add spinach.

Drain pasta and spinach and place in a large, warm serving bowl. Add onion/pepper mixture and toss to coat. Adjust seasonings.

Add previously cooked and warmed scallops to pasta and sprinkle with feta cheese.

Serves four.

Recipe and photo compliments of The National Fisheries Institute